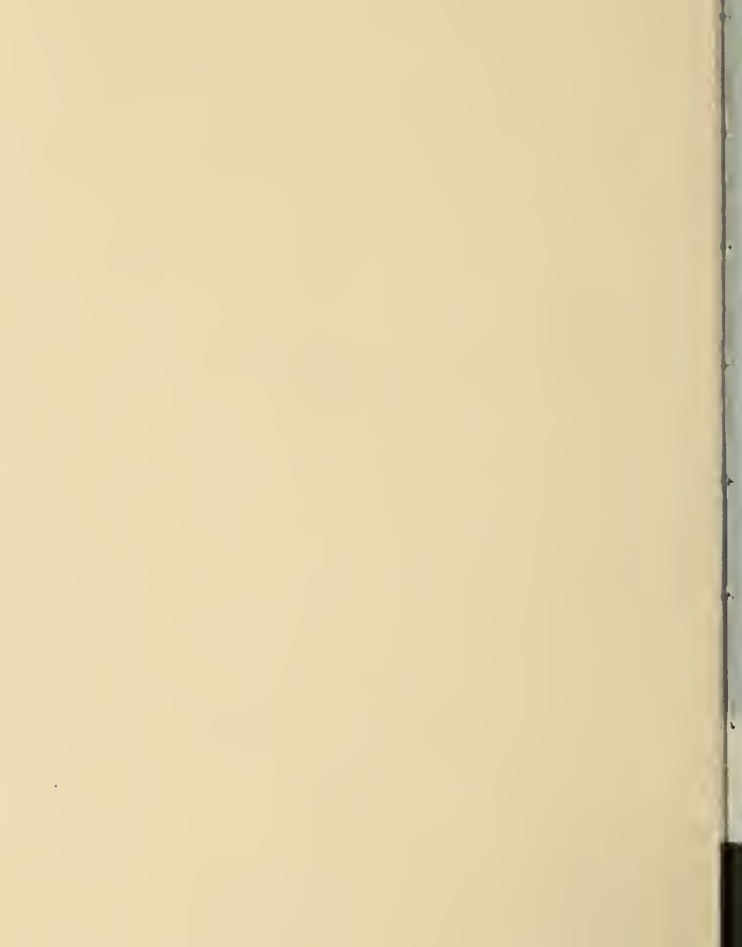


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Ag 84 Pro
Cap 4



How to choose and use ***TOMATOES***

U. S. DEPARTMENT OF AGRICULTURE • Extension Service
and State Land-Grant Colleges, Cooperating

PA-124



Look for tomatoes that are . . .

1. Firm but not overripe.
2. At least fairly well formed.
3. Plump.
4. Smooth.
5. Of good red color.
6. Free from blemishes.

Tomatoes, like other vegetables, are most economical when in season.

One pound of tomatoes provides . . 4 servings.

One No. 2 can of tomatoes provides . . . 5 half-cup servings.

Tomatoes and tomato juice are reliable sources of vitamin C.

Use raw, cooked, or canned.

Some other good sources of vitamin C are **ORANGES, GRAPEFRUIT, TANGERINES, and OTHER CITRUS FRUITS.**

. . . . Use one or more servings daily of tomatoes and citrus fruits

STORE in the refrigerator.

USE RAW . . . plain or sliced, in
salads and in
sandwiches.

TO COOK . . . bake, broil, or stew.

USE JUICE . . for breakfast,
lunch, and
dinner, and for
pick-ups.



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